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Don't Slip Up This Winter

We're officially into the snow, sleet, and ice season and that means an increased risk of ankle sprains and other injuries from falls. The do's and don'ts below offer some tips and tricks for preventing a cold weather slip or fall.

Do: wear warm gloves so you can keep your hands out of your pockets. This will ensure that your hands are available to grab onto something if you start to slide or to brace yourself if you do fall. Keep a pair in all your winter outerwear pockets so you're never without them.

Don't: over carry. Yes, it's the holiday season and you've got tons of shopping to do but don't carry so many items at once that you can't see the path in front of you. A few extra trips to the car to drop off packages is a safer way to go.

Do: scope out the best path before you walk. Take a moment to examine your route options when deciding how to get into a store or your office. Look for the clearest walkways and those where you can visibly see salt or sand has been spread. Be wary of pavement surfaces that look a bit shiny as they could have an icy sheen forming as temperatures drop.

Don't: wear your party shoes to an event. Most dress shoes are not designed to navigate slippery terrain. It's best to wear snow boots or other shoes that have a gripping tread to get to your festivities and then change into your festive footwear when you arrive.

Do: keep a little kitty litter in a zippered sandwich bag in your pocket. This can be your secret anti-slip weapon! If there's no way around a patch of pavement that looks slushy or slippery, sprinkle the litter in front of you as you walk for extra traction.

If you do suffer a slip or fall be sure to get your feet and/or ankles checked by the podiatrist as soon as possible if you have pain, swelling, or bruising after the incident.



Resolve to Take Better Care of Your Feet this Year

With the New Year comes new resolutions to improve various aspects of our lives. This year why not consider adding a few ways to be more proactive in the health of your feet to your list? Preventing foot and ankle problems and good basic podiatric care has a big payoff: your feet will stay pain-free and enable you to live the active life you love! Below are some resolutions to consider:

Invest in Good Shoes-the number one way to protect your feet from many common disorders is by wearing shoes that are well-made and fit properly. If you have any chronic foot conditions, such as bunions or flat feet, ask your podiatrist for recommendations of the best types of shoes for you.

Soft, flexible material in the toe box, adequate arch support, moderate heels, cushioned insole, and no-slip treads are some key features to look for.



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Commit to Regular Self-Exams-getting into the habit of looking over your feet daily from top to bottom will help you spot any irregularities promptly. Changes in skin or nail color, lumps or growths, bruising, swelling, redness, and cuts or wounds that seem slow to heal may all signal the onset of a foot problem. Nearly all conditions are most easily resolved when caught in their early stages.

Keep Feet Clean and Dry-washing your every day with warm soapy water and drying them completely is one of the best ways to keep fungal infections away. It's also important that feet not sit in sweaty socks. Use a foot powder in the morning or an antiperspirant to help keep moisture down.

Take Care of Toenails-trim toenails straight across but avoid cutting them too short. This allows the skin to fold back over the nail and can result in ingrown toenails. For this reason, you

Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)

Maple-Roasted Chicken Thighs with Sweet Potato and Brussels Sprouts



Ingredients:

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1-pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound brussels sprouts, trimmed and halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted

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Directions:

1. Preheat oven to 425 degrees F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
2. Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
3. Turn chicken and vegetables, brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees F) and potatoes are tender. Serve topped with pecans and cranberries.



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